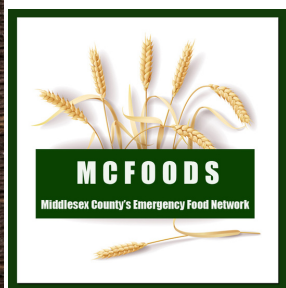


Pine Below the Line

2021 Recipe Book





Chicken with Rice & Beans

A Recipe by Chef Cathy Decker

Chicken with Rice & Beans

"We love this dish not only because it's delicious and so comforting but because it's made from quality ingredients easily found in our pantry and in yours too. Chicken leg quarters, which are so flavorful and affordable star here but in truth, the rice and beans are a complete protein, delicious and nutritious even without the meat for when you're considering a meatless option. " - Chef Cathy Decker

Prep: 15 minutes

Cook: 45 minutes

Servings: 4-6

Ingredients

1 tbsp. cooking oil
4 chicken thighs
4 chicken drumsticks
1 3/4 tsp. salt
1/4 tsp. fresh-ground black pepper
1 onion, chopped fine
2 cloves garlic, minced
1 cup canned crushed tomatoes
1 tsp. cumin

1/2 tsp. oregano
1/2 cup bottled pimientos, drained
1 2/3 cups drained and rinsed black beans
(from one 15-ounce can)
1 cup rice, preferably medium grain
1 3/4 cups water
Optional Ingredients
2 tbsp. chopped fresh parsley
1/8 tsp. cayenne

Instructions

Step 1:

In a large, deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and the pepper and add to the pan. Cook, turning, until well browned, about 8 minutes in all. Remove. Pour off all but 1 tablespoon of the fat from the pan.

Step 2:

Add the onion to the pan and reduce the heat to moderately low. Cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic and cook, stirring, for 30 seconds longer. Add the tomatoes and pimientos, scraping the bottom of the pan to dislodge any brown bits. Stir in the beans, rice, water, parsley, the remaining 1 1/2 teaspoon of salt, and the cayenne, and arrange the chicken on top in an even layer.

Step 3:

Bring to a boil and simmer until all the water is absorbed, about 12 minutes. Turn the drumsticks and reduce the heat to very low. Cover and cook until the chicken and rice are just done, about 15 minutes longer. Serve warm.



Marinated & Glazed Chicken

A Recipe by Chef Doug Wilson,
Chef Glen Rodriguez,
& Chef Matthew Smith

Marinated & Glazed Chicken

Prep: 20 minutes

Cook: 30 minutes

Servings: 4-6



Ingredients



8 piece thighs (bone-in w/skin) approximately 2 ½ pounds

1 cup pickle brine

6 oz. Olive oil

½ clove chopped garlic (fine)

Salt & Pepper (t.t.)

1 Pineapple



Instructions



Step 1:

In a bowl, start by washing and draining the chicken. Take your pickle brine (of your preference) and pour it into the bowl with the chicken. Marinate the chicken in the pickle brine for 24 to 48 hours in a gallon sized zip-lock bag. Refrigerate in an additional pan to avoid contamination problem.

Step 2:

After marinating the chicken, take a mixing bowl to combine the olive oil, garlic, salt and pepper. Take the chicken out of the refrigerator, drain them, and gently dry them using paper. Lightly toss the chicken into the mixture.

Step 3:

Pre-heat the cast iron skillet (or any frying pan, then put the chicken on the pan with the skin-side down. Wait about 3 to 4 minutes, then flip the chicken over. Let the other side cook for about 3 to 4 minutes as well.

Step 4:

Pre-heat the oven to 350 degrees. Transfer the chicken into a oven pan and put it in for about 15 to 20 minutes. While waiting for the chicken, take the pineapple and remove the skin and core. You may cut crosswise and then again to create a crescent shape or cut the pineapple into rings.

Step 5:

Pan-sear the pineapple for about 2-3 minutes on each side, depending on thickness. Once the chicken is done cooking in the oven, serve it with the pineapple.



Parmesan Crusted Asparagus

A Recipe by Chef Doug Wilson,
Chef Glen Rodriguez,
& Chef Matthew Smith

Parmesan Crusted Asparagus

Prep: 10 minutes

Cook: 15 minutes

Servings: 4-6



Ingredients



2 Asparagus bunches (thin preferred)

Olive oil

Chopped garlic (fine)

Salt & Pepper (t.t.)

4-6 oz. Parmesan cheese



Instructions



Step 1:

Take the two bunches of asparagus (thin preferred for rapid preparations). Wash and air-dry them. Remove/ slice the stem from the asparagus and discard the lower rubber band.

Step 2:

In a mixing bowl, add olive oil, garlic, salt and pepper. Add the asparagus and lightly toss it to marinate. Lay it out on a small sheet pan and pre-heat the oven to 350 degrees.

Step 3:

Place the asparagus in the oven for about 4 minutes.

Step 4:

Take the asparagus out of the oven and turn them over to the other side. Add your favorite parmesan cheese and return it back to the oven for about 3 to 5 minutes. Take it out and serve!



Power Cup Parfait

A Recipe by Chef Doug Wilson,
Chef Glen Rodriguez,
& Chef Matthew Smith

Power Cup Parfait

Prep: 15 minutes

Cook: 15 minutes

Servings: 8-10



Ingredients



8 Individual oat cereal (flavored or plain oatmeal)

1 Cup trail mix chopped (personalize with your choice nuts, raisins etc.)

6 oz. Honey

3-4 ripe bananas (Plantains may be substituted)

Quart Yogurt (Flavored, Greek, Plain)



Instructions



Step 1:

Take your bananas (or plantains) and mash them into paste. Add your dry ingredients and reserved honey. Stir/ fold until a raw cookie dough texture is achieved.

Step 2:

After mixing, spray lubricate (PAM) in the muffin pan. Form shell/boats using your fingers to shape the natural cup. Pre-heat the oven to 375 degrees and bake the shells for about 12 to 15 minutes.

Step 3:

Once the cups are finished, allow them to sit and cool, then remove from the pan. Scoop yogurt into the cup.

Step 4:

Finally, embellish, add-to, customize, decorate with your preference of berries, fruits (ripened or canned).



Shakshuka Eggs

A Recipe by Chef Pearl Thompson

Shakshuka Eggs

This breakfast dish is popular in North Africa, the Middle East and Israel where it may be garnished with preserved lemon, fresh feta and other cheeses.

Prep: 10 minutes

Cook: 20 minutes

Servings: 5

Ingredients

1 ½ fl.oz Olive Oil
14 oz. Red and green peppers, julienne
8 oz. Onion, peeled and thinly sliced
8 fl.oz. Tomato sauce
2 fl.oz Water
½ tsp. Ground cumin
1 tbsp Chopped cilantro

1 tbsp Chopped flat-leaf parsley
¼ tsp Aleppo pepper or sweet paprika
¼ tsp Red chilli pepper flakes
Salt and pepper (t.t)
4 oz Spinach
5 Eggs
Flat leaf parsley as needed to garnish

Instructions

Step 1:
Heat the oil on medium heat in a wide sauté pan. Add the bell peppers and sliced onion. Sauté until tender, approximately 10 – 15 minutes. Add the tomato sauce and water. Cook for a few minutes to blend the ingredients.

Step 2:
Sprinkle in the cumin, chopped herbs, spinach and chili pepper. Season with salt and pepper.

Step 3:
Divide the mixture between 5 small sauté pans. Crack an egg into the center of each pan. Cover and bake at 350 F (170 C) until the eggs are done yet still soft, approximately 5-8 minutes. Or cook covered on top of the stove over low heat.

Step 4:
Season with black pepper and garnish with parsley sprigs. Serve hot.

Approximate values per 5-oz. (150-g) serving: Calories 200, Total fat 13g, Saturated fat 3g, Cholesterol 185mg, Sodium 290 mg, Total carbohydrates 12g, Protein 8g, Vitamin A 60 %, Vitamin C 180 %, Iron 10



Vegetable Stew

A Recipe by Chef Jackie Mazza
& Chef Carolina Moratti

Vegetable Stew

Prep: 10 minutes

Cook: 15-20 minutes

Servings: 4-6



Ingredients



1 Large white onion
3 Cloves of garlic
1 Can of carrots
1 Can of green beans
1 Can of tomato sauce
Salt & Pepper (t.t)



Instructions



Step 1:

Heat the olive oil (or any oil of your choice) in the saucepan.

Step 2:

Add onions and sauté until soft and translucent

Step 3:

Add garlic. Sauté for two minutes until fragrant but not burned.

Step 4:

Add tomato sauce and all veggies. Then, season to taste.

Step 5: (with starch of your choice and chicken)

Ladle the stew over the starch of your choice (rice or pasta) and top it off with chicken.



Add on:
Rice | Pasta | Chicken

A Recipe by Chef Jackie Mazza
& Chef Carolina Moratti

Add on: Rice / Pasta / Chicken



Ingredients



Rice

2 tsp. Oil
1 Clove of garlic
1 Cup of rice
2 Cups of water
1 Flavor pack from
Top Ramen

Pasta

Pasta of your choice
Salt (t.t)
Water

Chicken

Chicken Cutlets
Salt & Pepper (t.t)
Oil



Instructions



Rice

Step 1:

Heat oil and sauté garlic until
fragrant.

Step 2:

Add rice, toasting just a little.

Step 3:

Add soup seasoning and water.

Step 4:

Let water and rice come to a boil
and turn down the heat.

Step 5:

Cover and cook for 10-12 minutes.

Step 6:

Taste for seasoning and enjoy

Pasta

Step 1:

Bring water to a boil. Season with Salt.

Step 2:

Add pasta and cook until al dente.

Step 3:

Strain and serve.

Chicken

Step 1:

Portion the chicken. Season with salt and
pepper, or a seasoning of your choice.

Step 2:

Preheat oil in sauté pan.

Step 3:

Sear chicken on both sides making sure it is
cooked through